

Sample Class Chart

Use the chart below as a guide in developing the chart you use with your class.

Guide to Healthy Habits

Day	Eating three meals a day	Eating healthy foods	Exercising 30 minutes each day	Going to bed early each night	Wearing safety gear when necessary
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

